



gl & chondroitin

FOR BONE & JOINT PAIN

Arthritis is an inflammation of the joints, surrounding tendons, ligaments, and cartilage. It can affect every part of the body – toes, feet, hips, back, shoulders, arms, wrists and fingers. 20 to 25% of the population suffers from arthritis, of which there are several types: Osteoarthritis, Rheumatoid arthritis, Gout and Fibromyalgia.

Glucosamine and Chondroitin are glycosaminoglycans, also known as “GAGs”. Glycosaminoglycans are a major component in all connective tissue, including cartilage and bone. When connective tissue is damaged or breaking down due to age the needs to produce more GAGs in order to repair it so providing these GAGs directly in the form of supplementation helps ensure that the body has all the components it needs to keep connective tissue in optimal condition.

Glucosamine acts as a precursor to almost all GAGs in the body and also works as an anti-inflammatory to reduce swelling and pain in joints. The 500mg of glucosamine sulfate in each of Albi’s “GI and Chondroitin” capsules is harvested from the glucosamine-rich exoskeletons of shellfish yet is sodium free and safe for people with shellfish allergies.

Glucosamine works as an anti-inflammatory to reduce swelling and pain in joints.

Chondroitin is the component of cartilage that renders it able to withstand compression. Every step, hop or jump

puts pressure on the cartilage in our joints and eventually the cartilage becomes weak and starts to break down.

Every step, hop or jump puts pressure on the cartilage in our joints

Taking chondroitin orally helps maintain the integrity of the cartilage to ensure our joints functional well in our day to day activities and pastimes. Chondroitin is a major component of connective tissue in all animals, not just humans, and so the quality and source of your chondroitin supplement is an important consideration. Albi ensures that each capsule of “GI and Chondroitin” contains 400mg of chondroitin, standardized to a 90% extract. In addition to providing the building materials for new cartilage chondroitin has been shown to have significant anti-inflammatory activity in itself. It also stimulates the formation of new cartilage by increasing cell production of GAGs.

Numerous studies have shown that regular supplementation with chondroitin and glucosamine reduces joint pain and improves joint function as well or better than anti-inflammatory medications such as aspirin or ibuprofen.

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